

WHAT EVERYONE SHOULD KNOW: ABOUT HIV & AIDS

HIV 101: Learn the FACTS



Why Should I Know About HIV and AIDS?

Because your knowledge can help you protect yourself and the ones you love from HIV. It's important to:

- ▣ Know how HIV is spread
- ▣ Learn how HIV affects the body
- ▣ Consider HIV Testing

Your knowledge can also help you treat people who have HIV in an understanding way.

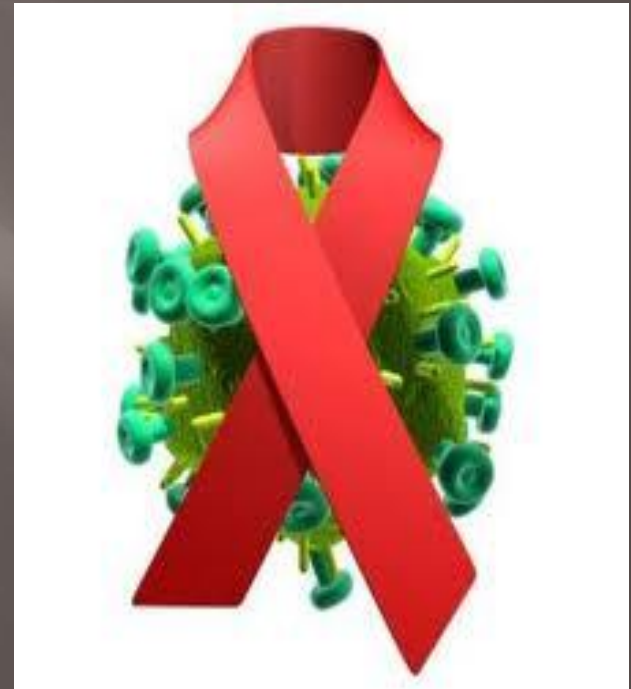
What Everyone Should Know: About HIV & AIDS

- ▣ HIV is an acronym for the Human Immunodeficiency Virus
- ▣ AIDS stands for Acquired Immunodeficiency Syndrome
 - AIDS is the last stage of an infection caused by HIV.



HIV Weakens the Immune System:

- ❑ The immune system is the body's natural defense against illness.
- ❑ One can be infected with HIV for years and not have any symptoms.
- ❑ By the AIDS Stage, the immune system is very weak. The immune system will not be able to protect against illness very well.



How HIV Affects the Body

- ▣ HIV invades the body under disguise.
- ▣ The Immune System tries to fight back, but can't kill all the HIV.
- ▣ There may be no more external signs of HIV for years.

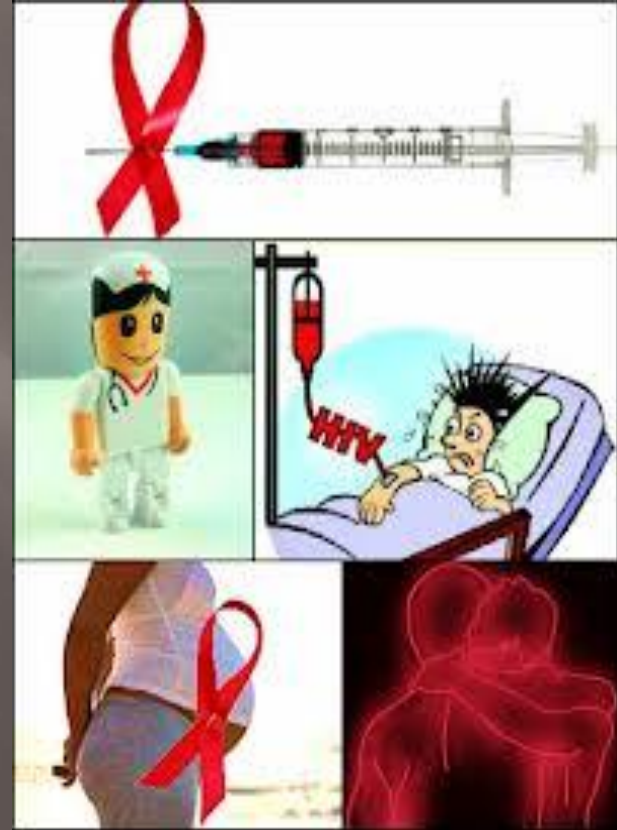
How HIV Affects the Body continued...

- ▣ A person with HIV doesn't have to look or feel sick to be able to infect you.



What Everyone Should Know: About HIV & AIDS

- ▣ How is HIV Spread?
- ▣ HIV is spread through contact with bodily fluids:
 - blood
 - semen
 - vaginal secretions
 - breast milk



How is HIV Spread?

This contact usually happens:

- ▣ During vaginal, anal or oral sex.
- ▣ When sharing a needle with an infected person.
- ▣ Between a mother who has HIV and her baby.
- ▣ Blood to blood contact with an infected person.

How is HIV not Spread?

HIV is not spread through the air or through casual activities, such as:

- ▣ Sitting next to someone
- ▣ Shaking hands
- ▣ Eating in a restaurant
- ▣ Sharing food
- ▣ Using Restrooms



How is HIV not spread?

HIV is not spread through the air or through casual activities , such as:

- ▣ Swimming
- ▣ Donating blood
- ▣ Being bitten by insects

It's safe to have casual contact with people who have HIV or AIDS!

Signs/Symptoms

As HIV infection progresses, people may notice lasting signs, including:

- ▣ Swollen lymph glands
- ▣ Recurrent fever & “nights sweats”
- ▣ Rapid weight loss for no apparent reason
- ▣ Constant tiredness
- ▣ Diarrhea & Decreased appetite



Signs and Symptoms continued...

- ▣ White spots or blemishes in the mouth
- ▣ Flakey skin or rashes
- ▣ Frequent oral or vaginal yeast infections
- ▣ Short-term memory loss, and confusion

See a health care provider if you have any of these signs for more than a week. These signs may be caused by other illnesses, but it's important to get a medical opinion.

Signs of AIDS

- ▣ Pre-existing doctor's diagnosis of HIV infection
- ▣ Count of less than 200 T-Cells
 - T-cells are created in the bone marrow. They then move to the thymus and complete their development, hence the name "T-cells".
- ▣ One or more opportunistic infections (i.e. Pneumocytis Carinii, Kaposi's Sarcoma)
- ▣ People living with AIDS get sick more easily because HIV has damaged their immune system

Only a doctor can give the diagnosis of AIDS.

HIV Treatment

Once a person tests positive for HIV, medications may be given to treat HIV.

- ▣ HIV treatment can:
 - Prevent AIDS and other opportunistic infections from developing
 - Preserve the body's immune system
 - Prolong life



HIV Treatment continued...

- ▣ Treatment must be given under the care of a doctor.
- ▣ Person's who test positive for HIV should see their doctor regularly for follow-up care and testing.



Know Your Risk

Risks may include:

- ▣ Having unprotected vaginal, anal or oral sex with a man or woman infected with HIV.
- ▣ Sharing needles or syringes for any reason.
- ▣ Exposure to sexually transmitted diseases (STD's).
- ▣ Receiving a blood transfusions or blood clotting factor between 1978-1985.

Understanding HIV Test Results

- ▣ **“Positive”** means a person has HIV antibodies present. It doesn't mean that he or she has AIDS yet or will get is soon.
- ▣ **“Negative”** means the test did NOT find antibodies. But a person may have to be retested if testing was done soon after the risky behavior.

It may take up to 6 months or longer after infection to get a positive result on a test.

HIV Testing is Simple and Reliable

You can call:

- ▣ A health-care provider
- ▣ Arkansas Department of Health or a Local Health Unit:
 - 501-661-2408
 - Toll free- 1-800-462-0599
- ▣ Call the CDC National HIV/ AIDS Hotline:
 - 1-800-324-2437 (English)
 - 1-800-344-7492 (Spanish)
 - 1-800-243-7889 (TDD)

Statistics on HIV in Arkansas

Racial and Ethnic Health Disparities in New HIV Infections:

▣ Race/Ethnic

- 54% of the cases were African American, however, African Americans made up only 15% of the total Arkansas population.
- African American and Hispanic/Latino men comprised 58% of all new HIV infections in men, however, men only make up 11% of the general population in Arkansas.
- African American men alone comprised 41% of the new HIV infections, though they are only 8% of the general population of men in Arkansas.



Statistics continued...

Racial and Ethnic Health Disparities in New HIV Infections:

▣ Age

- African American and Hispanic/Latino women between the ages of 20 – 39 comprised 53% of the new infections in women
- African American and Hispanic/Latino men between the ages of 20 - 39 comprised 36% of the new HIV infections in men



Statistics: Incidence and Prevalence

- ▣ **Incidence** is the number of new cases.
- ▣ **Prevalence** is the number of existing cases.

For example, if you have a bath tub of water and decide to run some more water into the tub then the water that is already in the tub would be the “prevalence” and the running water would be the “incidence.”



Statistics: Incidence and Prevalence, 2011

- ▣ **Incidence:** In 2011, there were 280 new cases of HIV reported in Arkansas. Of these 280 new cases of HIV:
 - 79% were male; 21% were female
 - 48% were under the age of 30; 39% were aged between 30-49
 - 29% were White, 54% were African American and 7% were Hispanic or Latino
 - 23% of those who tested positive for HIV in Calendar Year (CY) 2011 were diagnosed with AIDS by December 31, 2011

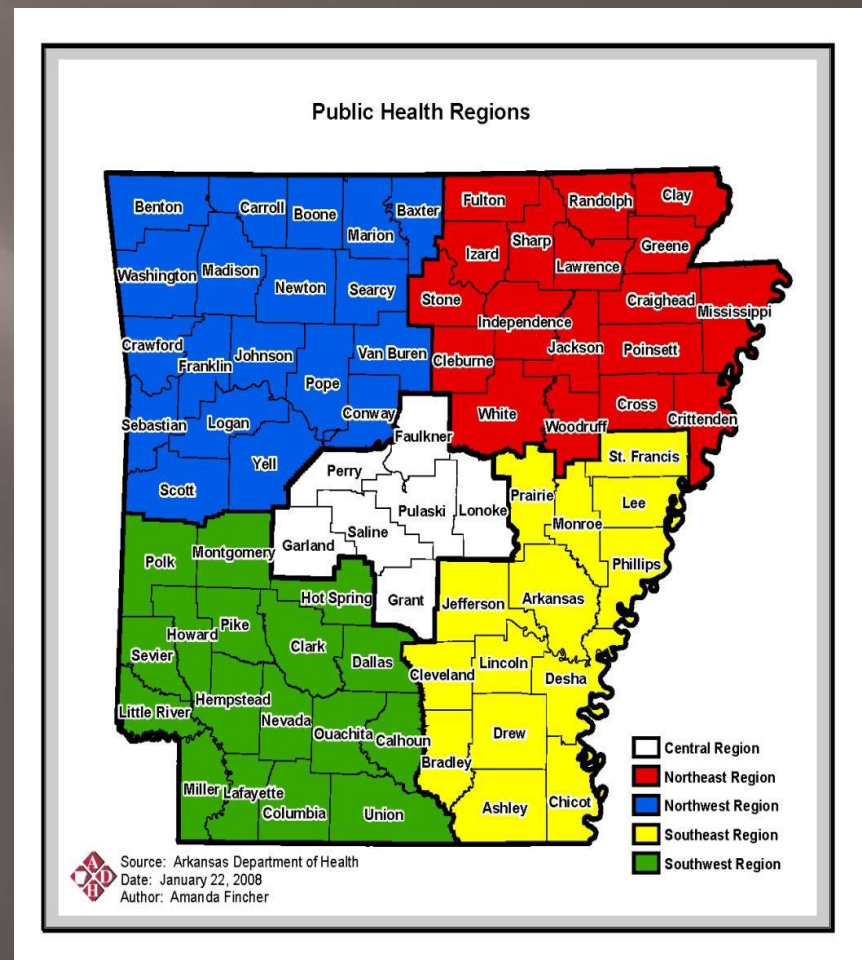
Statistics: Incidence and Prevalence, 2011

- ▣ **Prevalence** -As of December 31, 2011, there were 5,493 persons living with HIV infection in Arkansas. Of these cases:
 - 77% were male and 49% were female
 - 42.2% were African American and 49.3% were White



HIV in Arkansas by Regions

Public Health Region	Jan-Dec 2010	Jan -Dec 2011
Central	113	123
Northeast	31	38
Northwest	49	39
Southwest	26	28
Southeast	33	29
Unknown	2	2
State Total:	254	259



HIV/AIDS Totals in Arkansas

The cumulative total of HIV/AIDS cases (1983 – 12/31/2011) is **8,132**



Arkansas Department of Health

Things to Remember

- ▣ Remember:
 - HIV testing is simple and reliable
 - HIV testing is encouraged
 - HIV treatment is available



Things to Remember

- ▣ UNDERSTAND how HIV is and isn't spread.
- ▣ Don't share needles or syringes.
- ▣ ALWAYS use a latex condom if you decide to have sex.
- ▣ GET TESTED FOR HIV if you have any reason to be concerned.
- ▣ SHARE what you've learned about HIV and AIDS-
help destroy the myths!

What Everyone Should Know: About HIV & AIDS

ANYONE can get HIV!!

